

TRADITIONAL-ISH

CORNISH PASTY

MAKES 4

PREP TIME:
70 MINUTES (INCLUDING
RESTING PASTRY)

COOK TIME:
45 MINUTES

PASTRY

1 cup (153 g) cassava flour
⅓ cup (44 g) tapioca flour
1 teaspoon gelatin
1 cup (225 g) cold cooked
mashed white sweet
potato
Pinch sea salt
⅓ cup (80 ml) avocado oil
⅓ cup (80 ml) room
temperature water plus
4 tablespoons (60 ml)
Beaten egg yolk or coconut
milk for brushing

FILLING

7 oz (200 g) rutabaga,
peeled and cut into
¾-inch (6 mm) cubes
4 oz (110 g) white sweet
potato, peeled and cut into
¾-inch (6 mm) cubes
1 small yellow onion,
finely chopped
½ lb (225 g) beef skirt
steak, cut into ¾-inch
(6 mm) cubes
Pinch sea salt
Pinch white pepper

I spent the majority of my childhood in Cornwall; my parents still live there today. I grew up eating home-cooked meals, and it was always a treat to have a pasty—on those rare occasions when my mum didn't want to cook or we nagged until she gave in. So, believe me when I say this recipe is as near to a Cornish pasty as you're going to get with AIP ingredients. It is so good!

To make the pastry, put the flours, gelatin, sweet potato, and salt in a large bowl and, using a couple of knives and a criss-cross action, cut in the sweet potato as though it were butter. Alternatively, use a pastry blender. Once the sweet potato resembles small chunks of butter, put the avocado oil in a jug with ⅓ cup (80 ml) water and mix together. Using just one knife now, mix as you slowly pour in the oil and water mixture. Add extra water by the teaspoon until the mixture starts to come together. Switch to using one hand, and bring together to form a firm dough.

Divide into 4 pieces and shape into 1-inch (2.5 cm) discs. Cover with plastic wrap and refrigerate for 30 minutes.

When you are ready to cook your pasties, preheat the oven to 350°F (175°C, or gas mark 4). Line a large rimmed baking sheet with parchment paper.

Roll the pastry between two pieces of parchment until it's a circle ¼-inch (6 mm) thick and roughly 7 inches (18 cm) in diameter.

To make the filling, divide the rutabaga, sweet potato, and onion between the pastry rounds and arrange in a mound along the middle. Place the beef over the top of the vegetables, followed by a sprinkling of salt and white pepper.

With hands either side of the parchment paper, bring the pastry to join the other side in a semicircle and crimp the edges. Place the pasty onto the lined baking sheet, with the crimped side down against the parchment paper. Use a knife to make a slit in the top of the pasty to allow steam to escape. Glaze the top with egg yolk if you have reintroduced it, or else a little coconut milk. Repeat with the other three pasties.

Bake for 40 to 45 minutes until golden. Stand for 5 to 10 minutes before eating and be mindful that the inside will be piping hot.

White pepper and/or egg yolk	AIP COMPLIANT Omit white pepper, egg yolk.	FREZER-FRIENDLY Yes	LOW FODMAP No	COCONUT-FREE Yes
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